

PRESENTED BY  **H-E-B**
HUNGER
RELIEF

Montgomery
County
foodbank

OUTRUN **HUNGER**

COLOR DASH 101



WHAT TO WEAR

WHITE T-SHIRTS

If you aren't wearing your provided Outrun Hunger white t-shirt, we suggest wearing a white, cotton-based material to make sure your colors shine bright! The colored powder is designed to wash out of most fabrics. If you'd like to learn how to keep the color in your race day t-shirt, see page 4.

RUNNING SHOES

Be sure to throw on some kicks that you don't mind getting covered in color. You will be running through the rainbow, and leaving vibrant footprints along the way. After your event, be sure to shake out your shoes to get rid of any excess powder and hand wash or throw them in the washing machine.

SUNGLASSES

If you're worried about any powder getting into your eyes, we suggest wearing a pair of sunglasses! They will keep your eyes protected from the sunshine in the sky and the sunshine-yellow powder being thrown.

BANDANAS

The powder is made from cornstarch and baking soda, but it is not flavored and won't taste good. Wear a bandana to keep the powder out of your nose and mouth. You could also wear it over your head to keep the powder from getting on your scalp.

WACKY/FUN GEAR

Tutus, fuzzy boas, crazy hair, oh my! This is your time to express yourself. Why not go all out?!

HATS

The colors are bright, but the sun is brighter. Be sure to protect yourself and wear a hat to keep the sunshine off your head and out of your face. You could even wear a white one, and get it colorful just like you! And don't forget your sunscreen!



HOW TO REMOVE POWDER

HOW TO REMOVE COLOR POWDER FROM SKIN AND HAIR

Wondering how to get the color powder off of your skin and hair after the run? Follow these instructions:

- Dust off or blow off as much powder as possible before you jump in the car or plop down on your white sofa!
- Color powder washes right out! Just take a shower, grab a bar of soap and some shampoo and you should be set.
- If you have light-colored hair, sometimes the colors can have a little bit more staying power. Just shampoo your hair a few extra times to get the color out.

HOW TO REMOVE COLOR POWDER FROM CLOTHING

Wondering how to get color powder off of your clothes after the run? It's nothing a tumble through the washing machine won't take care of! The powder washes out of most clothing, but since we haven't tested every fabric under the sun, you may want to leave your favorite running clothes or evening dress at home.

- Dust off or blow off as much powder as possible before washing. You may want to wash your color-branded gear separately in cold water. If it doesn't wash out the first time, don't put it in the dryer and try some stain remover or bleach (white clothes only) the second time around.



HOW TO KEEP POWDER

HOW TO KEEP THE COLOR POWDER ON YOUR RACE SHIRT

One great way to keep the memories alive is to create a keepsake from your color-splashed uniform. Although it is easy enough to wash out, you have the option to keep the color powder on your t-shirt and save the colorful evidence and you can continue to wear that color like a badge of honor!

PROMPTLY CHANGE OUT OF YOUR SHIRT - DO NOT SHAKE OFF EXCESS COLOR

The more you move, the more the color powder dusts off the fabric. So, limit your dancing till after you change into some clean clothes. Gently place your shirt in a bag till you get home for the color-setting process.

LAY SHIRT FLAT AND SPRAY TO SOAK WITH WHITE VINEGAR

Spray generously, (and we mean really soak it) and be aware that the colors may blend and bleed together as the fabric becomes wet. The strength of the vinegar can also fade the screen print, but we think it looks kinda vintage (and that's hip right now, right?).

KEEP SHIRT FLAT TO DRY AND IRON WITH HIGH HEAT

If you hang when still wet, gravity will bring all the colors to the bottom and turn them to a muddy brown. Instead, keep flat till dry, then place a rag between the shirt and the iron to set the color with heat.

TOSS SHIRT IN THE DRYER

As a final assurance to set the color, turn the shirt inside out and throw it in the dryer on high heat for about 10 minutes.

PROUDLY DISPLAY YOUR SHIRT

Some people frame their racewear and display the colorful gear like a trophy. Others want to wear it out in the world as a conversation garment! Be aware that with each wash, the color can fade, but it will always have a colorful glow after you have set the dyes as described above.